

## Weekly Tips

⊕ Worried about cholesterol? Fiber to the rescue! Increasing your dietary fiber intake has proven to lower your cholesterol levels, specifically LDL's (low density lipoproteins). The RDA for fiber is 25-30 grams per day. Here are some great sources:

☀ Apples, Barley, Beans & other Legumes (dry & cooked), Fruits and Vegetables, Oatmeal & Oat Bran.

⊕ Make your day explode with phytochemicals! Most Vegetables and Fruits are an excellent source of phytochemicals; which are nonnutrient plant chemicals that contain disease preventing compounds. Some examples are:

☀ Lycopene found in tomatoes and tomato products like tomato juice or spaghetti sauce

☀ Lutein is found in broccoli and dark leafy green vegetables

⊕ Pick Fruits and Vegetables that are both in season and economical

☀ Fruits: Bananas, Apples (Red Delicious, McIntosh, Granny Smith), Kiwi fruit

☀ Vegetables: Broccoli, Tomatoes, Turnips, Cucumbers, Celery, Carrots, Mushrooms, Lettuce, Cabbage

⊕ While shopping at your favorite grocery store, stay in the outer aisles in order to avoid buying unnecessary items. In the outer aisles, you will find:

- ▶ Fruits & Vegetables
- ▶ Dairy Products (milk, cheese, yogurt, eggs)
- ▶ Juices
- ▶ Meats
- ▶ Baked goods